



**Fire Chief
Dale Ekins**

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WHY DO WE EAT OUR OWN?

After High school, I was lucky enough to get a scholarship offer to play football at a local junior college. I was excited to be a part of their athletic team as they had been good enough to be nationally ranked in that sport. Being a junior college, they were just a two year institution and I was a freshman along with a number of other athletes coming from their high school programs. We soon found out that we were treated differently than the last year's members. We were called "pledges" and had to go through an initiation process that was a tradition at that school. Our first month of school the "pledges" were assigned a "Master" who we had to accompany to their classes and carry their books and do all kinds of distasteful duties that they told us to do. I hesitate to mention most of the things we were supposed to do during this probation time. Today, our treatment would be classified as hazing and could be taken to court. This again was part of the initiation to be in full fellowship with the team and was a tradition there. The sophomores had been through this same rite the year before and had to go through the same things that we had to go through then. It was their turn to get even for the humiliation they went through when they were freshmen. This tradition did not create any unity or team spirit with us and until this foolishness was over, there were strong negative feelings between some of the team members. It seems like even the coaches turned the other way during this time and let these negative things happen.

What does this have to do with Lehi Fire Department? If we are not careful, our seasoned firefighters can also "devour" our own in mean-spirited ways that include backbiting, gossiping and rumor mongering. It seems like the younger firefighters entering our profession are often times teased, made fun of and generally been the target of older firefighter's pranks. According to Chief Gary Ludwig, "It seems the younger people entering our profession are sometimes thrown out there to sink or swim. We put them through firefighter and paramedic school and then ask them to perform as if they were a 25-year veterans. And when they do not perform like 25-year veterans, we throw them under the bus." I am not suggesting that all "good natured tricks" that firefighters do with our younger people coming into the fire service needs to be eliminated but just to keep in mind that our main focus is to train these new people to be one of us. This includes fostering trust and respect with them. This initiation business is all right to a point if we know when to back off and help our new people transition to their new jobs. Like my experience at this junior college, it took almost half of a football season to gain trust for each other and to appreciate each other's abilities. When there was mutual respect for each other is when we became effective as a team.

Thankfully, I have not witnessed personal attacks or detrimental “hazing” in our department and thank each of you for this behavior. Our officers have been diligent in training and providing needed information to their crews about the expected behavior of Lehi Fire Department employees. I guess the bottom line is always take the high road, be ethical and never attack anyone on a personal level. Let’s enjoy our jobs, help each other become better firefighter/EMT’s, and treat each other like we want to be treated.



Firefighter
Dusty Smith

MEXICAN CORN BREAD

Directions

Ingredients

| | |
|---------|-----------------------------|
| 1 lb | Ground Beef |
| 1 lb | Ground Sausage |
| 2 Cans | Ranch Style Beans |
| 2 Cans | Rotel (Original) |
| 1 | Onion (Red or Yellow) |
| 2 | Jalapenos |
| 5 Boxes | Jiffy Corn Bread Muffin Mix |
| 8 | Eggs |
| 2 3/4 C | Milk |

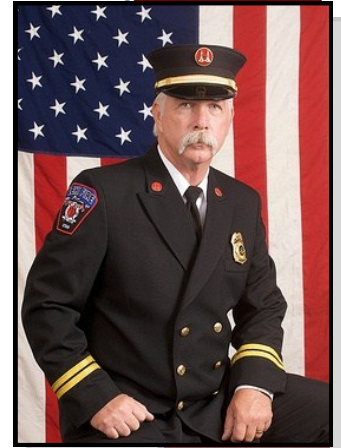
1. Preheat oven to 375° (especially with the station ovens)
2. Brown ground beef and sausage, drain and set aside
3. Finely dice onion and jalapeños, sauté and add to the ground meats
4. In a bowl combine beans, Rotel (drained), meat, onions, and jalapeños.
5. Prepare corn bread mix in a separate bowl by mixing dry ingredients from the box with 8 eggs and 2 ¾ cups of milk.
6. In a 13 x 9 pan (spray first) add a ¼” layer of corn bread mix, then add meat and bean mixture, finally cover with another ¼” layer of corn bread mix
7. Bake for 45-1 hour or until corn bread is golden brown.
8. Let cool, take hearty helping and cover with salsa (**preferably DS Salsa**)
9. ENJOY!



Check out the Flickr website below to see some pictures from our latest calls and events. We will keep it updated so check back often.

<http://www.flickr.com/photos/fullyinvolvednewsletter/>

Open Burn Season



**Fire Marshal
Kerry Evans**

The 2011 burn season begins April 1 and ends April 30, 2011. Open burning may be one of the first things that come to a person's mind while cleaning up their yards from the long winter. While it is still allowed in most cities in Utah County, there are becoming fewer cities that allow open burning. Open burning has its disadvantages; the combustion process releases large amounts of carbon dioxide, other gases, and solid substances directly into the air for people to breathe. Not too many days go by without reading articles about the polluted air in Utah County.

There are times when open burning is the best or only option. Backyard burning is allowed only on residential properties. Even then, there are limits on what can be burned and when, as well as important public health and safety requirements. The DEQ and fire department limits open burning for public health and safety reasons. Open burning pollutes the air and can make it difficult for people with respiratory problems to breathe. When the air is stagnant, open burning can pose smoke and odor nuisances - and health risks - to nearby residents, particularly in densely populated areas. Open burning can also pose a safety risk when it is not adequately controlled.

Because weather and environmental conditions change daily, some days during April may not be approved DEQ burn days which is why it is important that residents call the burn line before burning. If environmental conditions prohibit burning on any of the planned burn days there will be no makeup days and residents will be required to haul their piles of material to the landfill.

As firefighters we are tasked with the assignment of policing the open burn season. If you are asked to inspect a pile in someone's back yard or are investigating a fire, the first question you should ask is, do you have a permit? Everyone that has a permit also has a set of rules. Make sure they have called the burn line to ensure that it is a burn day. Encourage residents to promote efficient burning to prevent excessive smoke by practicing good burn practices: Assure that all combustible materials are as dry as possible; loosely stack or place the combustible material in small piles to eliminate dirt, rocks and other noncombustible material and to promote an adequate air supply to the burn pile; and periodically restack or feed the burn pile to ensure that combustion is robust and completed efficiently.

Below are guidelines about open burning and offers those residents issued a permit rules on how to do it right. A general rule is, if it is grown on the property it can be burned on the property with the exception of large trees and stumps. Sometimes we have to explain that these guidelines are based on DEQ rules and enforced by the Lehi Fire Department.

Guidelines

1. The permit is issued to the property address.
2. The applicant must be in legal control of the property on which the burning is to take place.
3. Only clippings, bushes, plants, fence lines and ditches, incident to property clean-up and dry grasses can be burned. Yard Clean up only. **NO LARGE BRANCHES OR TREE STUMPS.**

4. Materials to be burned are to be thoroughly dry. Only items grown on the property can be burned on the property.
5. **Call 374-BURN (374-2876)** each day to establish that it is a legal burn day. Burning may start at daylight and shall be extinguished completely before dark, cold to the touch.
6. Fires shall be extinguished immediately upon a nuisance complaint from any source.
7. Burning shall not be done when atmospheric conditions or local circumstances make such fire hazardous; i.e. when high or moderate winds are present or a RED FLAG DAY.
8. Fires shall be constantly attended by a competent person with a means to extinguish the fire, such as a garden hose or other extinguishing materials. (i.e. fire extinguisher, dirt, sand, water bucket.)
9. A “safe distance,” minimum of 50 feet from any building, structure or other combustible material shall be maintained. **Exception:** if the pile is less than 3 feet in diameter and less than 2 feet high, the minimum distance shall be 25 feet from structures or other combustible materials. Such burning shall not pose a threat to Wildland-Urban Interface lands.
10. This permit is non-transferable to another person or property.

The permit issued for cleaning yards and cannot be used for burning manufactured items such as: tires, industrial waste, construction materials, coated wire, plastics, household trash or rubbish or any material that creates dense smoke or noxious odors. Oil or fuel products cannot be used to start fires or be included in materials to be burned. Items not grown on the property cannot be burned. The burn permit cannot be used by contractors for the use of clearing land for development of residential, commercial or industrial projects.

Agricultural Burn Permits

Agricultural permits are issued to residents that have one acre or more and are zoned agriculture. These permits are valid for one year. The Fire Marshal issues all agriculture permits after determining that these areas are correctly zoned.

DEQ exempts residents from agriculture burn permits but Lehi City’s ordinance 8.12.080 requires a permit. Residents are still required to call the local fire department but can burn on non-burn days. Agricultural burning can:

1. Burn incident to horticulture or agricultural operations which include ditches, fences, fields.
2. Pruning from trees, bushes and plant.
3. Dead or diseased trees, bushes and plants including stubble.
4. Burning of weed growth along ditch banks incident to clearing ditches for irrigation.
5. Controlled heating of orchards.

Burning permits are subject to the laws of the State of Utah and Lehi City and the conditions stated upon or attached to the permit. The Lehi City Fire Department reserves the right to refuse, revoke or postpone the permit when the fire department deems it necessary to prevent danger to life or property. An open burning permit shall give permission to burn only under prescribed conditions. The permit shall in no way relieve any individual from personal liability due to neglect or negligence. Any person responsible for the existence or spread of fire necessitating suppression action shall be liable for the payment of costs.

Recreational Fires

“Recreational Fire” means the burning of materials other than rubbish where the fuel being burned is not contained in an incinerator, outdoor fireplace, barbecue grill or barbecue pit and with a total fuel area of three (3) feet or less in diameter and two (2) feet or less in height for pleasure, religious, ceremonial, cooking or similar purposes.

Recreational fires as defined in this section with the following restrictions:

1. Recreational fires shall not be conducted within 25 feet of a structure or other combustible material unless contained in a barbeque pit.

2. Charcoal burners, liquefied-petroleum-gas burners and other open-flame cooking devices shall not be operated on combustible balconies or within ten (10) feet of combustible construction.

Exceptions: (1) One- and two-family dwellings.

(2) Where buildings and decks are protected by an automatic sprinkler system.

3. Buckets, shovels, garden hoses or a fire extinguisher with a minimum 5 lb-ABC rating shall be readily available for extinguishment.

4. Barbeque pits in outdoor locations. Barbeque pits shall be constructed of concrete or approved noncombustible materials, and shall not be located within ten (10) feet of combustible walls or roofs or other combustible material.

5. Other outdoor cooking facilities meeting the approval of the Fire Chief.

6. Other open fires, fireworks, torches or open burnings specifically allowed for under another portion of the Lehi City Code after obtaining any necessary permits and/or approval of the Fire Chief.

In firefighters terms recreational fires are basically camp fires in back yards. They do not need a permit but the fire can be no larger than 3 feet in diameter with flames no higher than 2 feet. Small fire used for cooking a hotdog or marshmallow.

Recreational fires must be put out if there is a complaint from any source.

CALL TOTALS

Station 81

Medical: 72
Fire: 28
Total: 100

Station 82

Medical: 38
Fire: 21
Total: 59

KNOW YOUR CHAINSAW

When you are doing your daily or weekly check offs on our gas powered equipment how often do you go through the motions of checking the fuel & oil, starting then shutting it off- then walking away never to be thought of again until you are on an emergency call or back doing a check off? I know I am guilty of this very scenario. This article will show some of the history as well as some of the mechanics that make up our structural gas powered chain saw.

It's not clear exactly when chainsaws were first used in structural fire-fighting. The rescue squad of East Orange, New Jersey had a chainsaw in service as early as 1953 and the Salt Lake City and Philadelphia Fire Departments' experiences with gasoline-powered chainsaws had been published by 1955.

Chainsaws didn't gain immediate popularity in fire service because the chains tended to get dull when material other than wood was encountered. Captain Martin Bullard, a former machinist and officer of the Los Angeles City Fire Department's Heavy Utility Company, took the first step toward solving this problem in 1956 by attaching a piece of carbide to a chainsaw chain cutter. This was not an easy task, but ten years later Bullard was issued a U.S. patent for his attachment method. Bullard's patented chain stayed sharp longer, but unfortunately the carbide was prone to breakage and was quite expensive.



Firefighter T Hover

- In 1984, Tom Ruzich, a California forest ranger and firefighter, developed a carbide-tipped chain that stayed sharp when cutting most building materials and suffered substantially less carbide breakage than Bullard's chain. Ruzich's improved chain made using a chainsaw with carbide tipped chain cost-effective.
- 1985, Cutters Edge was founded to manufacture that chain.
- 1987, Cutters Edge introduced the first chainsaw engineered specifically for the fire service with features like Ram-Air Induction, One-Step Starting, and Two-Stage External Air Filters.
- 1992, the D8 Guard/Depth Gauge was introduced (Photo 1). The D8 was the first safety device that both protected the operator from the cutting chain and allowed the depth of cut to be set so that no structural members were cut.
- 1993, Cutters Edge developed the BULLET Chain (Photo 2). The BULLET Chain was the first, and is still the only, chain that does not use a modified standard wood cutting chain with carbide attached to it. Built from the ground up specifically for fire rescue cutting, the BULLET cutter's unique design and "filing action" revolutionized fire rescue cutting.

Useful Tip: Are aware of and know what the compression valve is where it's located and how it works? Please see photo (3) for location. The compression release valve works when you push it in, it opens a small valve that opens the top of the cylinder to allow air to escape that is normally compressed as the piston moves to the top of its stroke. This makes it easier to pull the starter cord. Once the engine fires, the combustion pushes the valve closed.

An example is if you take a syringe without the needle and pull the plunger down. Then you place your finger over the opening and push the plunger up. It will only go so far before it stops, this is because air will only compress so far. If you were to move your finger off of it just enough, it will be easier to push the plunger in.

Hopefully we will all be a little more attentive to the equipment we are using and try & learn from each other how to maintain & use it more efficiently.



Fire Hose Testing



Firefighter Ricky Casper

This spring we will be doing our annual fire hose testing. Testing our fire hose is not the most exciting part of our job but it is very important that we do it and we do it safely. In this article I am going to go over some of the procedures for testing hose as well as a few safety tips.

- Prior to testing fire hose we need to do a physical inspection of the hose. Check for any damage from burns, cuts and abrasions. Also make sure the hose is free of any debris. Check the gaskets and couplings for corrosion and any other damage.
- When testing our 1 ¾ and 2 ½ hose remember not to exceed 300 feet in length. Start by filling the hose and bleeding all of the air out. Start with a pressure of 50 psi. Check for any leaks and tighten the couplings as necessary. Mark the location of couplings with a suitable marker. Slowly increase psi to the recommended pressure that is labeled on the hose by the manufacturer. Hold pressure for five minutes. Reduce the pressure down and check couplings for any slippage.
- When testing our LDH follow the same steps as the 1 ¾ and 2 ½ hose, except it is only service tested at 200 psi.
- Test results need to be recorded on the hose testing form and documented in our hose testing records. Any hose that does not pass needs to be removed from service and proper steps need to be taken by following the Lehi Fire Department SOG for Damaged Equipment.
- During your hose testing it is also a good time to inspect the nozzles and appliances for obstructions, damage and corrosion.
- When reloading hose, don't use the existing folds in the hose. This will cause the hose to create a weak point and can damage the hose over time.

Remember to use precautions while testing hose. Wear your helmet and gloves, only connect to discharges that will not put the Engineer in danger of a hose burst. Always stay 15 feet away from either side of all hoses in your test layout. Let's stay safe and continue to enjoy being a part of "The best job in the world".

Current Events



Engineer Dan Harris

We have a new addition to the Lehi Fire Department family... Brett and Candice Fraser welcomed their new daughter Skylee on March 14th at 7:50 am, she was 6 lbs 12 oz and 17.5 inches at birth. Candice and Sky are both doing well.

Captain Ricky Evans and Captain Kim Beck recently returned from FDIC in which they were able to attend several hands on trainings and regular classes.

The pink heals tour is drawing closer. If you are interested in helping with the Utah chapter of the Pink Heals, contact Sharee Rosqvist. They are still in need of people who would like to be a part of the Utah chapter board.

Make A Wish

Saratoga Spring Fire Department hosted BIC-4-Good. Bic donated \$400 per person to Make-A-Wish foundation for those who participated. Lehi Fire Department participated along with Lehi Public Works, Saratoga Springs Fire Department, Saratoga Springs Public works, and Eagle Mountain Fire Department.



**Firefighter
Ryan Kimball**

Featured Call

On the evening of March 15, 2011 at 2053 hours, Company 81 was dispatched to a GSW involving 2 patients. As Company 81 was leaving the bay a helicopter was requested. En-route details were obtained through dispatch. PD on scene was stating that one victim was echo and the other had an obvious GSW to his head. Both victims were sitting in a parked vehicle on the driveway of the scene address. Company 81 held short of the scene address until PD had cleared the scene. Once clear, units arrived to find a female in her mid 20's DOA in the driver seat with injuries incompatible with life suffered from a single GSW. Female was confirmed echo. The male patient in the passenger seat had agonal respirations and a strong femoral pulse. This patient suffered a self inflicted GSW to the head, and had active bleeding from an exit wound from the right temporal lobe. Patient was scooped from the vehicle and placed on a backboard that rested on the gurney.

Once in Ambulance 81 he was patched and EKG showed borderline Sinus Bradycardia with palpable pulses present. Airway was attended to with assisted respirations via BVM at 15 LPM. Endo-tracheal intubation performed with positive results and an end-tidal reading WNL. Peripheral IV access obtained with 14 gauge catheters on bilateral AC's with pressure bags attached to 1000 ML NS. The Life Flight crew arrived and Vecuronium 10 Mg administered as a chemical paralytic. Equipment switched over to Life Flight Pro Pak. Blood pressure started to drop with heart rate, however pulses still present at 60 bpm.

The patient was loaded into the helicopter for transport to a Trauma Center. While en-route Life Flight RN stated that the patient's vital signs started to completely normalize. The patient was then taken to Shock Trauma ICU.

Firefighter of the Quarter

We are proud to present the name Scott Wilbur for Lehi's Firefighter of the Quarter. In his nomination memo, Captain Robert Stanley has this to say. "Scott is an excellent asset to our organization. He is strong member of my crew and always sets a good example to his fellow crew members. He accomplishes this through exhibiting a strong work ethic, taking on projects and making sure they are completed correctly and in a timely manner. When there are issues that need to be taken care of, Scott will complete the job with no prompting.

I can always count on Scott to deliver first rate customer service. He is consistently going the extra mile to make sure our citizens are properly taken care of. There is no greater example of this than his desire to obtain his paramedic certification. So, at his own expense and on his own time, he enrolled and is currently attending medic school. When asked why he wanted to do this, his response to me was "I want to be able to deliver a higher standard of care to our patients." With his desire and strong work ethic, I know Scott will make an excellent paramedic.

Scott is also a good mentor to the younger firefighters on our department. When we have probationary firefighters work on our shift, he is always willing to help them with any training issues they may have."

Lehi Fire Department can be proud of Scott and the way he represents us.



Firefighter Scott Wilbur

APRIL BIRTHDAYS



- Tim Robinson - April 9th
- Justin Whatcott - April 20th
- Tim W. Robinson - April 21st

